

NEWS

From the County of San Bernardino **Josie Gonzales Fifth District**

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**JGFDS-PR-215 SUPERVISOR AWARDS PHYSICALLY ACTIVE SCHOOLS
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FOR IMMEDIATE RELEASE

SUPERVISOR GONZALES AWARDS PHYSICALLY ACTIVE SCHOOLS

SAN BERNARDINO – San Bernardino County Supervisor Josie Gonzales will surprise two 5th District schools by awarding them for their outstanding participation in the 2008 Governor's Challenge Competition.

Supervisor Gonzales announced today that she will present Inghram Elementary of San Bernardino \$5,000 and Colton High of Colton \$1,500 in recognition of their involvement in the statewide physical fitness competition.

Governor Arnold Schwarzenegger's annual challenge urges California students, grades k-12, to "get active, healthy and fit." Schools rally students to sign up and exercise 30 to 60 minutes a day at least three days a week for a month, outside of their scheduled physical education class. The state's grand prize winning elementary, middle and high schools each win brand new physical activity centers, valued at \$100,000.

All 497 Inghram Elementary students signed-up and completed the 2008 Governor's Challenge. The school, which ranked second in the Desert Sierra Region (that includes Inyo, Riverside and San Bernardino counties), is one of five schools in the region that achieved 100 percent participation.

Colton High students recorded more active days than other high school in the region. The distinction earned them a cash award of \$1,000 and the 2008 Front Runner Recognition title from Longs Drugs as well as special recognition by Supervisor Gonzales.

"I am proud of these two schools and their accomplishments," said Supervisor Gonzales. "The Governor's Challenge Competition is a creatively effective way to help our young people develop healthy habits that will serve them well over the years."

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“Eating healthy foods, exercising daily, getting enough sleep, all offer multiple benefits. They help us become more attentive and productive during the day as well as more self-confident in the healthful way we look and feel,” she said.

Last year Supervisor Gonzales awarded Colton High School \$5,000 for being the top performing 5th District school that participated in the 2007 Governor’s Challenge Competition.

“Colton High has been a consistent participant in the Governor’s annual competition. Their commitment to fitness is definitely paying off,” she added.

The Supervisor plans to visit both Inghram Elementary and Colton High to personally congratulate the students and to see what they purchased with their awards.

The 2009 Governor’s Challenge Competition is currently underway. Starting this year the competition is open to students, parents and teachers. School participants can sign-up online and will have until May 31, 2009 to meet the challenge and rack up active days for their schools.

In addition to being grand prize winners, schools have the opportunity to be regional winners and receive \$5,000 to buy physical activity equipment. Also, those elementary, middle and high schools in each region that record the most active days by January 31, 2009 will get \$1,000 from Longs Drugs. There are also other incentives for students and teachers, including free 24 Hour Fitness passes and memberships.

“I challenge our San Bernardino County schools to have an even higher participation in the 2009 Governor’s Challenge,” said Supervisor Gonzales. “But more importantly, I want our young people to know how important it is to eat right and stay fit, not just for the competition but for life.”

For more information on the Governor’s Challenge Competition visit www.calgovcouncil.org.

The 5th District includes the unincorporated areas of Bloomington, Muscoy and Arrowhead Suburban Farms, North Norton, the City of Rialto, major portions of the cities of Colton and San Bernardino, and the eastern portion of the City of Fontana.

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